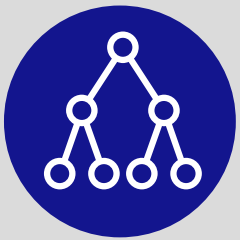




Leaving Home

2: The Student Athlete



NETWORK CHANGES

- Your network will change, be prepared for this - relationships with current coaches, training partners and friends may well be different going forwards
- You will need to be open to change and accepting of new people
- A beyond sport support network is possibly more important at uni than at home - take time to solidify yours e.g. tutors, friends, course mates, family



STUDENT SPORT SOCIAL BALANCE

- Is a real challenge!
- As a student athlete you will be different to your peers - to be successful at sport and study your social life will have to function differently - accept this and be upfront about it with your friends.
- Speak to tutors, coaches and senior squad athletes to find out how best to get the balance right



ROUTINE CHANGES

- Leaving home your routine will change - accept this and adapt!
- Try and establish a new routine quickly this will help you settle in especially given that with sport and study you have a lot on
- In any pre-visits talk to resident athletes about their routine so you know what is coming and plan for it